

Exciting new venture!

CREST is hoping to embark on a new venture, providing a Complementary Therapy service to our members at our offices in Staines. We are hoping to offer Cranio-sacral, Bowen Technique and Reiki on Mondays from 10:30 to 3:30. There will be a charge of £10 for each appointment, which would last roughly an hour and you will need to book in advance. Please contact the office as soon as possible to register your interest.



2014 Annual General Meeting - Monday 9th June



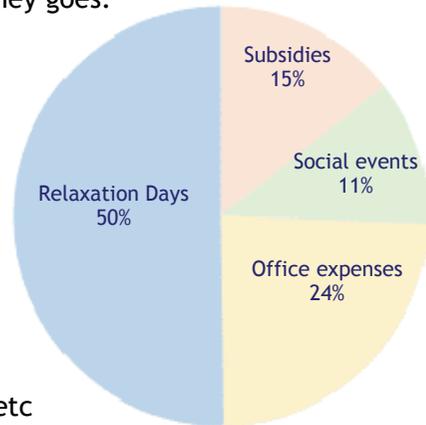
Our AGM was held in the Council Chamber at Spelthorne Council's Offices.

Extracts from the Chairman's Address and Trustees' Report: *CREST is run by inspirational, highly committed volunteers. Our thanks go to all the committee and volunteers without whose dedication we could not function.*

Every penny counts - this is how we spend them!

As you know, we are funded totally from donations and run entirely by unpaid volunteers. This is where the money goes:

- Relaxation Days - hire of venue, treatments, workshops, refreshments
- Subsidies for wigs, MLD, counselling, complementary therapies, hosiery, cancer care training for therapists
- Social events and outings, 10th Anniversary party
- Running the office - insurance, stationery, postage, phone, website, data protection license, office move etc



We are very grateful to everyone who supports us - without your help CREST would not be here to help the local community. Thank you!



CREST Cancer Support

Newsletter ~ Autumn 2014

Enhancing the lives of cancer patients and their carers in Runnymede, Elmbridge and Spelthorne

CREST's 10th Anniversary

On September 6th we held a tea party to celebrate our 10th Anniversary.

In these 10 years CREST has:

- ✓ Moved offices 4 times
- ✓ Run 17 Relaxation Days
- ✓ Organised lots of social activities
- ✓ Helped many people with wigs, Complementary Therapies, Counselling, Hosiery and MLD
- ✓ Enabled many therapists to become Cancer Care trained
- ✓ Strengthened our working relationships with other local organisations
- ✓ Held 10 AGMs and more than 50 committee meetings
- ✓ Changed our logo, website and information leaflet
- ✓ Attended many Awareness Days



We were very pleased that so many of our members were able to come to the party and celebrate this significant milestone with us.

Sainsbury's Staines Community Charity Partnership

Our time as Community Charity Partner for Sainsbury's Staines has sadly come to an end. Over the last two years they have raised nearly £3,000 for us through many fundraising events and on July 16th Shelly and Celia came to our office to present us with a cheque for the total raised in 2013-2014 - a fantastic £1,444! Thank you so much!



Sunday November 23rd is Relaxation Day!

We are returning to the White Lodge Centre in Chertsey again for our next Relaxation Day. Our workshops will include the ever-popular Tai Chi as well as Singing, Skin Care and Christmas Craft.



Please pass on your newsletter when you have finished with it as CREST would like to help as many cancer patients and their carers as possible.

What have we been up to since the last newsletter?

Tour of the Houses of Parliament

We had another very successful visit to the Houses of Parliament in June with a very good guide who extended the detail in our commentary because we were such an attentive audience!

It was very interesting to see where the Queen gets robed up before The State Opening of Parliament and to be in the place we all see on television. We even had time to visit the Jewel Tower after lunch.



A Right Royal Day Out!

We had a fabulous day at the Royal Botanic Gardens at Kew on July 7th. It began with an exclusive guided tour on the Kew Explorer to set the scene and then we were free to explore at our own pace. There was just time for a quick look round Kew Palace and a bit of Retail Therapy before heading back to the station to make our way home.



Exciting events coming up for CREST members

Kew Gardens - Monday 20th October

Hopefully we will have dry weather and fine Autumn foliage but both of these are impossible to predict this far ahead!

Even if it should be a rainy day, there are several greenhouses to visit. We will be using the explorer bus again and you will be able to hop on and off all day, so even travelling around the garden will be under cover.

A small donation of £5 to cover the shuttle bus tour and voucher for the café will secure your place! Please contact the CREST office.



Please keep checking our website www.crestcancer.org.uk for information and events - we have lots of plans for 2015!

CREST makes every reasonable effort to ensure that you are safe at our events but cannot accept any liability for any loss or damage to property or persons.

Fundraising News

We are very grateful to everyone who fundraises for us and send our sincere thanks to them all—without them we couldn't help our members.

Waitrose Staines

We were very excited to hear that the Waitrose store in **Staines** has chosen us to be one of their three Community Charities for October.

**Waitrose
Community Matters**

We support good causes.
You decide who gets what.



Everyone who shops in the **Staines** store will be given a green token and they can vote for us by putting their token in our box in the store. Each month every Waitrose branch shares a donation of £1,000 between their three local good causes and the more tokens we get, the bigger the donation we receive. Please tell your friends and ask them to support us with their green token.

Waitrose Weybridge - £310

Waitrose in **Weybridge** made us one of their charities for July and raised £310 for us. Thank you to everyone who supported us with their token and to Waitrose **Weybridge** for their generous donation.

Staines Conservative Club - £150

Staines Conservative Club organised a charity disco in aid of the Princess Alice Hospice and CREST on July 26. They raised £150 for us - what a fantastic achievement!



Shepperton Wig Company - £120

Jo and Linda from the Shepperton Wig Company raised £120 for CREST when they gave a talk to the Twickenham Townswomen's Guild about the importance of wigs to cancer patients and how much it means to have hair back. Thank you so much!



Better Neighbourhood Grant - £200

Councillor Tony Harman has kindly donated £200 from his Better Neighbourhood Grant to help fund the next Relaxation Day. Thank you!



*Please note that the office will be closed
from 3pm Wednesday 24 December until Monday 5 January 2015*